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STRENGTH-DIET

American and Soviet citizens eat about the same amount of food each day but the Soviet diet may be more nutritious.

According to a CIA report released today both nationalities may be eating too much for good health.

The CIA drew no conclusions about the nutritional makeup of the Soviet and American diets but commonly accepted U.S. health views suggest the Soviet diet may be slightly better.

According to the Central Intelligence Agency, an average Soviet citizen consumes 3,280 calories a day, compared to 3,520 calories for the American.

The average daily calorie intake in the Soviet Union is: grain products and potatoes, 44 per cent; sugar, 13 per cent; dairy and eggs, 11 per cent; fats and oils, 17 per cent; meat and fish, eight per cent, with seven per cent other products.

The American consumes daily: grain products and potatoes, 26 per cent; sugar, 17 per cent; dairy and eggs, 12 per cent; fats and oils, 18 per cent, meat and fish, 21 per cent, and six per cent other products.

Americans eat more meat and fish, more sugar, more dairy products and eggs, and more fats and oils and less grain than the average Soviet citizen, and consume more calories.

Generally held nutritional standards suggest individuals need fewer calories, less meat, less sugar and more grain to stay fit.